

# Prevention of Cardiovascular Diseases

Heart Disease &  
Stroke Prevention

Division of Chronic Disease  
Prevention and Control  
www.vdh.virginia.gov



## FAST FACTS

VDH VIRGINIA  
DEPARTMENT  
OF HEALTH  
Protecting You and Your Environment  
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### ***You Can Take Steps To Lower Your Blood Pressure***

- Lose excess weight-losing even 5-10 pounds can reduce BP.
- Eat less salt (e.g., use salt substitutes, herbs, spices).  
Don't add salt at the table or when cooking.
- If you drink alcohol, limit yourself to 10 ounces of wine, 24 ounces of beer, or two ounces of liquor a day (women should have only half these amounts).
- Get more physical activity (exercise) for a total of 30 minutes a day, most days of the week.
- Every day eat foods that contain potassium like bananas, tomatoes, broccoli or oranges (unless you are taking a diuretic that "spares" potassium).
- Every day eat foods high in calcium like low fat cheese, nonfat and low fat milk, and low fat yogurt.
- Every day eat foods that have magnesium like dark green vegetables such as spinach, beans, nuts and black eyed peas.
- Eat less saturated fat and cholesterol such as is found in meat skin, hot dogs, lard, fatty meats, regular cheese, milk and butter.
- Take your medication as prescribed. Don't stop taking it unless you first talk with your health care provider.
- Stop smoking to lower your risk of heart disease and stroke. Smoking raises both blood pressure and heart rate.



## YOU CAN TAKE STEPS TO LOWER YOUR BLOOD PRESSURE

My blood pressure today was \_\_\_\_\_.

My goal blood pressure is \_\_\_\_\_.

I promise to work on the following changes everyday before my next appointment.

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

\_\_\_\_\_  
Patient's Signature

\_\_\_\_\_  
Health Care Provider's Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Date

My next appointment is:

\_\_\_\_\_  
Date

\_\_\_\_\_  
Time

### High Blood Pressure Guidelines\*

Category	Systolic	Diastolic
Normal	Less than 120	and less than 80
Prehypertension	120-139	or 80-89
Hypertension***		
Stage 1	140-159	or 90-99
Stage 2	160 or higher	or 100 or higher
Goal BP for most hypertensives	Less than 140	and less than 90

\*Seventh Report of the Joint National Committee on Prevention, Detection, Evaluation, and Treatment of High Blood Pressure, National Institutes of Health, 2003.

\*\*American Diabetes Association 2002 Guidelines

\*\*\*Based on the average of 2 or more readings taken at each of 2 or more visits **after** an initial screening.